

# DOMINICAN UNIVERSITY of CALIFORNIA

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2019

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2016

# The Effect of Therapeutic Listening on Bilateral Coordination

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Wilson, Avery; Munchua, Michael Yra; Buccat, Mios; Mousley, Morgan; and Irao, Amanda Grace, "The Effect of Therapeutic Listening on Bilateral Coordination" (2016). *Scholarly & Creative Works Conference 2019*. 74.  
<https://scholar.dominican.edu/scw/scw2016/AllConference/74>

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## **Scholarly and Creative Works Abstract**

### **Information about each author:**

1. Avery Wilson is from San Antonio, Texas. She will graduate with a Bachelor's in Health Science and a minor in Psychology in May of 2016. In May of 2017 she will graduate with a Master's in Occupational Therapy from Dominican University of California.
2. Morgan Mousley is from Littleton, Colorado. She will receive an undergraduate degree in Health Science in May 2016. In the following year, she will be receiving a Master's degree in Occupational Therapy from Dominican University of California.
3. Mios Buccat is from Milpitas, California. She will graduate with a Bachelor's degree in Health Science in May 2016 and a Master's degree in Occupational Therapy from Dominican University of California.
4. Grace Irao is from Vallejo, California. She will graduate from Dominican University of California with a Bachelor's in Health Science and a minor in Psychology in May of 2016. She will then go on to graduate with a Master's in Occupational Therapy in May of 2017.
5. Yra Munchua is from Manila, Philippines. He will graduate from Dominican University of California with a Bachelor's degree in Health Science and a minor in Psychology in May of 2016; and also a Master's degree in Occupational Therapy in May of 2017. He aspires to try every field of occupational therapy and be the best occupational therapist that he can be.

**Submission title:** The Effect of Therapeutic Listening on Bilateral Coordination

### **Abstract (up to 250 words):**

Therapeutic Listening® is a sound-based treatment developed by Sheila Frick, OTR, rooted in sensory integration (Frick & Young, 2009). In Therapeutic Listening® programs, clients listen to music that has been electronically altered (Hall & Case-Smith, 2007). Therapeutic Listening® is an intervention increasingly used by occupational therapists despite the lack of supporting evidence in current literature.

A previous thesis study attempted to determine the effectiveness of Therapeutic Listening® through the outcome measure of bilateral movement. In the previous thesis study, three assessments were used to measure bilateral coordination in typically developing children. However, the quantifiable results did not reflect the qualitative observations of the quality of movement (Ben-Haim, Debonis, Schwartz, & Smith-Schwartz, 2015). Because the quantifiable results did not reflect the qualitative results, the effectiveness of the Therapeutic Listening® on quality of movement is not appropriately represented in current research (Ben-Haim et al., 2015).

Bilateral coordination development begins in the early stages of a child's life and provides further foundation for more complex motor skills needed to enhance participation and a child's quality of life. The purpose of our research study is to examine the effects of Therapeutic

Listening® Quickshift in improving bilateral coordination as measured by the quality of movement. To examine the effects, a measure with sufficient sensitivity will be created to detect changes in motor behavior in response to Therapeutic Listening® Quickshift.

List of keywords (10 maximum):

- Therapeutic Listening Quickshift
- Quality of movement
- Occupational Therapy
- Bilateral coordination
- Typically developing children

Description:

Therapeutic Listening® is a sound based intervention increasingly used by occupational therapists. The study examines its effects for children in improving bilateral coordination as measured by the quality of movement during several standardized motor assessments. We will utilize a powerpoint presentation to present our study as well as supplemental materials such as videos and handouts. Our presentation will cover the foundations of Therapeutic Listening® and its influence on movement, specifically bilateral coordination. We will present the problem the previous capstone group encountered and how we worked to find a solution to show the qualitative changes in movement. By the time of the conference we hope to have some preliminary data to present about our study.